

Smalltalk

Serving Providers & Families in Yolo County

Volume XXXVII, Number 1

Dear Readers,

Happy New Year! As you take time to read this issue, consider the possibilities of what this year can bring. Many of us have started working on the ever popular "New Year's Resolution"! Whether is changing our eating habits, exercising more, or spending more time with family, we've identified something we would like to change or improve. Self improvement efforts are important and must be celebrated on their own merits. You can achieve your goals gradually, taking little steps towards your goal and celebrating each milestone. There are various websites with helpful information that can assist you in reaching success with your resolutions. The American Academy of Pediatrics has released a list of resolutions for children! We included their suggestions under the Health & Safety section.

This is an exciting year for the Resource and Referral program! We have many projects in store for both, families and child care professionals! With financial support from First 5 Yolo and the Yolo County Office of Education, we have partnered with UC Davis Extension - Center for Excellence in Child Development, Early Years, UP4WS and the Yolo County Child Care Planning Council to introduce Yolo County early care professionals to the Social & Emotional Foundations for Early Learning (CSEFEL) training in January and February. We received an overwhelmingly positive response from providers and the training was full within a few days! This type of collaboration is a perfect example of the common goal of supporting early care professionals and children in Yolo County. We look forward to more opportunities of working together!

Our most anticipated event this year, in addition to our annual Child Development Conference, is our Family Concert with Bilingual Educator, Children's Author and Recording Artist José-Luis Orozco!!! The Family Concert will be held on Friday, March 25 from 7-8 p.m. For more information and to download the ticket order form visit: <http://cityofdavis.org/cs/childcare/concert.cfm>. In addition to this event, José-Luis Orozco will be our Keynote Presenter at the conference this year. Registration information is included in this issue of Small Talk.

2011 has brought many changes to Child Care Services! Our Child Care Manager, Laura Ivans has officially retired! At this time, we are in the process of hiring a new Senior Supervisor and expect to have them join the Child Care Services family in February. In the meantime, Laura has graciously agreed to assist on a temporary basis and we are very thankful to her. In addition, our Child Care Subsidy Supervisor, Sandy Jones, retired in December. Sandy worked with us for over 11 years and has touched the lives of many families in the subsidy program! We will miss her. We would also like to congratulate Rosemary Gacel for her promotion to the Child Care Subsidy Supervisor position. Please help us welcome Rosemary in her new role!

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Meet the New Child Care Subsidy Supervisor!

Hello, my name is Rosemary Gacel and I'm the new Child Care Subsidy Supervisor. I've been working for the City of Davis since October 1999. I'm committed to helping children throughout our community because they are our future.



I'm from Seattle, Washington and I graduated from the University of Washington with a Bachelor's of Art degree in Social Welfare. Before working for City of Davis, I worked as an infant/toddler teacher, group home supervisor and a foster care agency social worker.

As a Child Care Supervisor, I'll be responsible for interpreting funding terms and conditions, implementing policies and procedures for our subsidy program, supervising case managers and preparing for audits.

My hobbies are collecting dolls, swimming and traveling. My most memorable traveling adventure was visiting Egypt and Jordan in August 2009. I hope to go to China in the future.

I have two wonderful sons and a lovely daughter ages 26, 24 and 15. They are my pride and joy. I am fortunate to be a part of our Child Care Services team and I look forward to continuing my work with you.

Meetings/Support Groups

FAMILY CHILD CARE LICENSING ORIENTATION

Licensing Orientation to become a licensed family child care provider will be on Tuesday, January 18, 2011 from 9:30 a.m. to 1:00 p.m. You must pay the \$25 Orientation Fee to Community Care Licensing to attend. To learn more on becoming a licensed provider call Child Care Services at (530) 757-5695. You can also contact Community Care licensing at (916) 263-5744 or visit their website at <http://cclid.ca.gov/>.

FIRST 5 YOLO

The First 5 Yolo Commission meets monthly and their meetings are open to the public. For more information about the meetings please visit www.first5yolo.org.

YOLO COUNTY CHILDREN'S ALLIANCE

The Children's Alliance Policy Council meets quarterly. It also coordinates Child Abuse Prevention for Yolo County. For more information call Katie Villegas at (530) 757-5558.

YOLO CHILD CARE PLANNING COUNCIL

The Planning Council meets monthly to discuss child care topics. For information call (530) 668-3021 or visit www.yolochildcareplanning.org.

YOLO COUNTY GRANDPARENTS RAISING GRAND-CHILDREN ASSOCIATION

This group has occasional get-togethers. Contact Sandy Weiss at (530) 756-0183 for more information or weissbk@comcast.net. For foster/grandparents call Leah Fein at (530)747-3541.

BABY SIGNS® PLAY GROUP

Join other parents for a free, informal, FUN time with a certified Baby Signs® Instructor. Meet other families who are interested in signing with their children. The group meets quarterly. For more information contact Erin Panelli (530) 219-0876 or visit www.babysignsbyerin.com.

OUR PLAYGROUND (For Children 2-5 years old)

A parent-participation play class that includes fun and stimulating activities that foster the social and emotional development of children and enhances the parent-child relationship. The group will meet at the Social & Cognitive Learning Center and is facilitated by Noriko Abenojar, MSW PPS, who has specialized in working with children, youths, and families. For information call (530) 231-5475. The fee is \$120 for 2 months.



The following support groups meet at Yolo Family Resource Center located at 828 Court Street in Woodland. For more information call (530) 406-7221.

Women's Support Group in Spanish

This is a parent led support group in Spanish for women interested in sharing experiences, ideas, and looking for solutions to family problems. The group meets Tuesdays, from 10-11:30 a.m. at the Yolo Family Resource Center. You do not need to register.

NAMI Support Group

This group meets Monthly on the last Thursday of each month from 6:30 p.m. to 8:30 p.m. The group helps families and people with mental health needs.

Special Needs Support Group

This group meets on Tuesdays. Contact Julie Vought at (530) 867-2519 for more information.

FREE childcare is provided for these groups.

LA LECHE LEAGUE

The League supports mothers who are breastfeeding. Meetings are the 2nd Thursday of the month at 10:00 a.m. at 345 L Street, Davis. For phone-support, or meeting topics call: Cheri (530) 759-0334 or Jennifer (530) 753-9824.

WOODLAND MOMS GROUP

The MOMS Club (Moms Offering Moms Support) is an International nonprofit support group for stay-at-home moms. Local MOMS club chapters have park days, playgroups, MOMS night out as well as perform service projects to help needy children in our community. If you are interested in joining the Woodland chapter please email woodlandmomsclub@yahoo.com or visit the Mom's Club website at www.momsclub.org.

PARENTS & LITTLE PEOPLE INFANT PLAY AND LEARNING GROUP

Parents & Little People Infant Play & Learning Group is a group for parents & babies birth to 14 months. The group meets on Thursday mornings from 10:30 a.m. - 12:00 p.m. at Mother and Baby Source, 714 Second Street, Davis. There is a fee of \$30/month. For more information, please contact Facilitator Kathleen Grey at (530) 304-0473 or earlyyrs@sbcglobal.net.



Community News & Events

Calendar

January

- 14 **City Furlough (City offices closed)**
- 15 **Family Child Care Bookkeeping**
(Family Child Care Training)
- 17 **Martin Luther King Jr. Holiday**
(City Offices Closed)
- 22 **Social & Emotional Foundations for Early Learning Training**
OR
Social Emotional Development and Classroom Management (Family Child Care At Its Best)

February

- 21 **President's Day (City offices closed)**
- 26 **Social & Emotional Foundations for Early Learning Training**
OR
The Business of Family Child Care (Family Child Care At Its Best)

March

- 25 **José-Luis Orozco Family Concert**
- 26 **Yolo County Child Development Conference**

For more information about events listed in the calendar, check out the rest of Small Talk!

Calling for Presenters for the Yolo County Child Development Conference

Would you like to be a presenter at the Yolo County Child Development Conference on March 26, 2011? We are still accepting workshop proposals. Proposal for workshops in Spanish are also welcome. We are particularly interested in topics addressing the following areas:

- ◇ Challenging Behaviors
- ◇ Child Development/ECE
- ◇ Children With Disabilities
- ◇ Cultural Diversity
- ◇ Health & Safety
- ◇ Infants & Toddlers
- ◇ Curriculum/School Readiness
- ◇ Assessments/Portfolios/Observations
- ◇ Play & Learning Activities

If you would like to be a presenter, please contact Tamiko Kwak at (530) 757-5695 or (800) 723-3001. You may also download the workshop proposal from our website by visiting:

<http://cityofdavis.org/cs/childcare/pdfs/2011-childdevconf-workshop-proposal.pdf>

Get Ready for the 2011 Yolo County Child Development Conference!



Keynote José-Luis Orozco

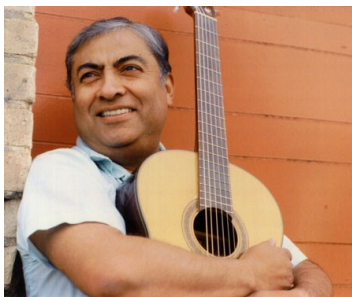
Don't miss the 2011 Yolo County Child Development Conference to be held on March 26, 2011! Our Keynote will be **José-Luis Orozco**, Bilingual Educator and Children's Author. We have included the registration form on the last page of Small Talk. The form is also available online at: <http://cityofdavis.org/cs/childcare/pdfs/2011-childdevconf-registration.pdf>. For more information call Tamiko Kwak at (530) 757-5695.

The following is a "partial" listing of workshops that will be available at the conference:

- ◇ *Let's Talk: Emotional Literacy and Social Skills Through Puppetry*
- ◇ *Raising Cultural Awareness in Children*
- ◇ *Home: Where Learning Begins*
- ◇ *Opening the Door: Talking to Your Children About Sex*
- ◇ *Music for Children and Families*
- ◇ *Early Literacy: Follow the CAR*
- ◇ *Environmental Education for Young Children*
- ◇ *Strategies for a Peaceful Classroom*

Community News & Events

Family Concert with José-Luis Orozco!



Join us for an evening of culture and music with José-Luis Orozco. José-Luis Orozco is an acknowledged expert in children's music and is a featured speaker and presenter at educational conferences and seminars for teachers, parents, librarians and childcare providers

who seek to use music as an important learning tool in multicultural classrooms.

"Over the past 20 years, he has popularized traditional Latin American and Spanish songs used in schools across the nation." LA Times

"A one man educational program teaching Latin American heritage" Houston chronicle

When: Friday, March 25, 2011
7:00 p.m. to 8:00 p.m.

Where: Brunelle Performance Hall
Davis Senior High School

Tickets: \$10 General Admission

How to get tickets:

- Download the Ticket Order Form at:
- <http://cityofdavis.org/cs/childcare/pdfs/family-concert-tickets.pdf>
- Use Ticket Order Form in this issue of Small Talk
- At the Ticket Box Office – A limited number of tickets will be available at the box office starting at 6:00 p.m. on the day of the event.

For more information about José-Luis Orozco visit:
www.joseluisorozco.com

Davis Children's International Storytelling at the International House!

International House Davis Children's International Storytelling Program is designed for children age 4 to 10 years with accompanying adults. Performances are held monthly during the school year and may include drama, music, dance, puppetry as well as traditional oral storytelling. Each performance features the talents of various performers from Davis and the surrounding area.

2011 PERFORMANCES

Sunday Jan 16, 2011
MARK NEMMERS (magician)

Sunday Feb 20, 2011
LORI SHIRAN

For more information call the International House at (530) 753-5007 or visit www.internationalhousedavis.org.

Join the West Sacramento Toy Library!

The Toy Library contains a variety of durable toys for young children such as: sand toys, blocks, infant & toddler toys, dolls and doll houses, puzzles, musical instruments, play food and dishes, animal figurines, toys for children with special needs and more! Come and check it out! An annual fee of \$15.00 (\$7.50 January-June) entitles members to check out up to five toys at a time. **Toys may be checked out for a three week period.**



The West Sacramento Toy Library is located at:
Arthur F. Turner Community Library
1212 Merkley Avenue, West Sacramento
(916) 375-6465

Library hours:

Monday 12p.m.-3p.m.
Wednesday 4p.m.-7p.m.
Thursday 11a.m.-2p.m.
Saturday 12p.m.-3p.m.

Community News & Events

Books & Fun at the Yolo County Library

Visit the new and improved Stephens Davis Library! The Stephens Davis branch, located at 315 E 14th Street, has been renovated and expanded.

The public library has something for everyone in the family: picture books, DVDs, music CDs, books on CD and more! Special programs for children and families are also available.

Join us at the Davis Branch Library for the following programs:

Chinese/English Preschool program
Sundays at 3:00 p.m.

Hug-a-Bye Baby
This is a 20 minute program for children 2 to 12 months old. It is held on Tuesdays at 10:15 a.m.

Mother Goose on the Loose
This program provides music, movement and fun for children 12 to 36 months old and is held on Tuesdays and Thursdays at 11:00 a.m. An interpreter will be available for Deaf and Hard of Hearing families at our Tuesday programs.

Preschool Stories
Tuesdays at 6:30 pm and Thursdays at 10:15 a.m.

Spanish/English preschool programs
Wednesdays at 10:30 a.m.

Family Stories
Bring the entire family to the library on Saturday at 11:15 a.m.

Bilingual Spanish/English program
Saturdays at 10:30 a.m. at our newly opened site in the *Marguerite Montgomery Elementary School*, 1441 Danbury Street, in south Davis. This site is closed during school holidays.

Visit our website at www.yolocountylibrary.org for information on programs and services or call the Davis Library at (530)757-5593. See you at the library!

Yolo Reads Adult Literacy Program

One in five Yolo County residents has difficulty reading and writing. Yolo Reads helps adults improve their reading and writing skills through free tutoring. Yolo Reads can help with the GED, citizenship testing, resume writing, job searching, learning new computer skills and more.



Do you know someone who wants to improve their reading or writing skills? Refer them to Yolo Reads today.

Interested in helping someone improve their reading and writing skills? Volunteers are needed.

For more information contact Yolo Reads at (530)666-8019 or (866) 609-7303

New Agency and Services for Yolo: Victor Community Support Services

Victor Community Support Services (VCSS) operates in partnership with Yolo County Mental Health as the Urban Children's Resiliency Program providing Prevention and Early Intervention (PEI) services to children and families in Davis, West Sacramento and Woodland.

These services include prevention groups in schools using the evidence based curricula of Why Try, NCTI Crossroads/Real Colors and Personal Power for Young Men and evening presentations to parents and caregivers on a variety of mental health and parenting topics for children are based on the Love and Logic curriculum.

All of these services are designed to build on child and family strengths and to avoid the need for formal mental health services. VCSS Davis strives to help young people make the healthy choices that can propel them toward their dreams and their family's dreams for them.

For more information about Victor Community Support Services please call (530)601-5600. You can also contact Marcia Davis, Family/Parent Partner at mdavis@victor.org or David Hafter, MFT Program Supervisor at dhafter@victor.org.

Yolo County Community Services Programs

In Davis

These programs are offered through the City of Davis Community Services Department. To enroll in any of these programs or for more information, please call (530) 757-5626 or visit the website at www.cityofdavis.org/cs

The City of Davis offers a variety of recreational activities for people of all ages. Classes include gymnastics, dance, cooking, arts & crafts and many more!



February Fun Days!

Discover the excitement at the City of Davis February Fun Days! Meet new friend and have fun with a week long camp! This camp is for 6-12 year olds and will include crafts, games and fieldtrips. The camp meets February 21-25 from 8:00 a.m. to 6:00 p.m. Space is limited, sign up as soon as possible!

Spring Break Safari

Think there is nothing to do on Spring Break? Think again!!! Come to our Spring Break Safari! We will have games, arts & crafts, cooking, and fieldtrips to bowling, roller skating and Golfland Splash! This is a camp for 6-12 year olds. Spring Break Safari will be held April 4-8 from 8:00 a.m. to 6:00 p.m.

For more information about the offerings of City of Davis Recreation Schedule visit:

<http://cityofdavis.org/cs/download/pdfs/recsched-2011-winterspring.pdf>

In West Sacramento

The City of West Sacramento has recreational programs for youth, teens and adults. For more information please come and visit the new center located at 2801 Jefferson Blvd. For more information about programs call (916) 617-4770 or visit www.westsacfun.org

Father - Daughter Dance: Enchantment Under the Sea!

Date: February 18 OR 19
Time: 6:30-9:30 pm
Location: City Hall- Galleria 1110 West Capitol Ave
Fee: TBA (Under 3 years are free)
Registration: **Registration starts 1/10/11**
All registration is done in office at City Hall, 1110 West Capitol Ave

Fathers and Daughters of all ages are invited to join us for a very special evening. This semi-formal evening comes complete with a dinner buffet, DJ music, and dancing. Photos will be available for an additional fee. Space is limited. Pre-registered guests must present their registration receipt at the door. For additional information visit: <http://www.cityofwestsacramento.org/city/depts/pcs/events/default.asp#fatherdaughter>.

In Woodland

Woodland has a variety of recreation programs available. Please visit their office located at 2001 East Street or call (530) 661-2000. For a complete listing of their programs, please visit their website at:

<http://www.cityofwoodland.org/gov/depts/parks/default.asp>

Afterschool Fun Club @ Maxwell!

If you need a safe and fun place to be after school, join the Afterschool Fun Club! Woodland Parks & Recreation, in conjunction with Maxwell Elementary School (50 Ashley Ave.), offers this course for school-age children. We operate on every WJUSD school day for 2010-2011. No program on school holidays or breaks. Please register in advance.



Health & Safety News

20 Healthy New Year's Resolutions for Kids!

The following New Year tips are from the American Academy of Pediatrics (AAP). For additional resources from the American Academy of Pediatrics visit their website at www.aap.org.

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs or other pets – even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

Kids - 5- to 12-years-old

- I will drink 2% milk and water three times each day, and limit soda and fruit drinks to once each day.
- I will apply sunscreen before I go outdoors on bright sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Kids - 13-years-old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink to one glass daily.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.
- I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk about my choices with an adult whom I can trust.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence. I will expect the same good behavior in return.
- I will resist peer pressure to try drugs and alcohol.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.

American Academy of Pediatrics, 12/10

Especially for Providers

Community Care Licensing News

Annual Fees

Every licensed child care facility is subject to an Annual Renewal Fee. Community Care Licensing (CCL) mails an invoice and providers must pay by the invoice due date in order to keep their license. Paying fees is easier than ever as the CCL is now accepting online payments! If you have questions regarding fees or any other licensing concern, please contact the CCL Regional Office* as follows:

RIVER CITY REGIONAL OFFICE

Regional Manager, Kathy Ertola
2525 Natomas Park Drive, Suite 250
Sacramento, CA 95834
Phone: (916) 263-5744
FAX: (916) 929-6371

Serving Counties: Alpine, Amador, Calaveras, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Tuolumne, & Yolo

***Please note: River City Regional Office has a new location and contact information.**

For more information about licensing, please visit <http://www.cclid.ca.gov/>. In addition, you can sign up to receive information by e-mail by visiting <http://www.mycccl.ca.gov/> and signing up to be included on their e-mail list.

Child Care Subsidy Deadlines

When are Child Care Subsidy Attendance Sheets Due?

All Child Care Subsidy Attendance Sheets are due by 10 a.m. on the following dates:

January sheets are due **February 4**
February sheets are due **March 4**
March sheets are due **April 1**

Tax Information for Providers:

You are independent contractors with the City of Davis, not employees. Therefore, you will receive a 1099 form for your 2010 earnings. This 1099 form will be mailed to you by the City of Davis no later than January 31, 2011.

Health & Safety Training Available

Child Care Services will be hosting a complete 15 hour Health and Safety training for providers who are interested in obtaining their Family Child Care license. Space is limited!!! There is a fee of \$150 for the entire training. The fee can be waived for participants who qualify under the new Community Development Block Grant program in Davis. For information and to register, please call Tamiko Kwak at (530) 757-5695.

Pediatric First Aid & CPR

Saturday February 5 8:30 a.m. - 4:00 p.m.

California Preventative Health & Safety

Sunday February 6 8:30 a.m. - 4:00 p.m.

Space is VERY limited! Please call for more information.

Health and Safety Reimbursements Available

Have you renewed your CPR or First Aid certificates? Health & safety reimbursement funds will be available to child care providers in Yolo County. Reimbursements of **up to \$50 dollars** will be issued to licensed family child care providers and center staff (for a limited time only). If you need an application you can also download the **Yolo County Health & Safety Reimbursement Form** from our website at: <http://cityofdavis.org/cs/childcare/additional.cfm>

For more information call Rossana Vigil at Child Care Services at (530) 757-5695 or (800) 723-3001.

Yolo County Director's Association

The Yolo County Director's Association welcomes new members! Are you interested in meeting other early care professionals? Would you like to learn how other programs are dealing with the economic times? Would you like to share your successes in working with children and their parents? If so, join the Yolo County Director's Association! This is a group of professionals who meet monthly and discuss topics pertaining to child care, health and safety, professional growth and other opportunities. For more information please e-mail the association at: Yolocountydirectorsassociation@gmail.com



From the Desk of First 5 Yolo

New Year, New Baby

Tips on Caring for a Newborn

Julie Gallelo, Executive Director, First 5 Yolo

Bringing home a newborn is an exciting time for families. But along with joy, parents also experience a lot of hard work and little sleep.

“Knowing what to expect and how to care for a newborn can help mom and dad deal with changes and gain confidence as they bond with their baby,” said Julie Gallelo, executive director of First 5 Yolo.

First 5 Yolo offers the following basic advice on some of the most common questions and concerns that may come up during the first months of a child’s life.

Calming a Newborn: Crying is a useful way for babies to tell you when they are hungry or uncomfortable. If your baby’s diaper is dry, she’s warm and well fed, but she’s still crying, try these soothing tips:

- Gently stroke her head or pat her back, and try burping her to relieve any gas bubbles.
- Rock your baby, go for a car ride or walk her in a stroller around the neighborhood.
- Turn on a fan or quietly say “shush” into your baby’s ear repeatedly. Babies hear many noises in the womb so soothing “white noise” may be calming.

Promote Healthy Habits from the Start: Babies develop very quickly during the first year, and they need sleep and proper nutrition to grow up healthy.

- Give breastfeeding a chance! According to the American Academy of Pediatrics, breast milk provides the best source of nutrition for babies to help strengthen their immune system. Breastfeeding also provides special bonding time for mother and child.
- Newborns need a lot of sleep – learn your baby’s signs that he’s tired and try to put him down to sleep right away. Notice when he rubs his eyes, pulls his ear or gets faint, dark circles under his eyes.
- Keep your child healthy by visiting the doctor for check-ups and when your baby may be sick or running a fever. Also, ask your doctor about immunizations and when to schedule them. The California Department of Public Health offers a helpful guide at www.cdph.ca.gov/programs/immunize.

Take Care of Yourself: The early weeks of parenting are very rewarding, but also exhausting. In the midst of all the excitement of bringing home a new baby, it’s important for parents to take care of themselves, too!

- Get as much rest as possible even though it can be difficult. Exercise and eat healthy to keep your energy up.
- Do what you can and leave the rest for later or for others to do. Reach out to family, friends, parent groups or a counselor for help. Check with your local First 5, YMCAs, community centers and places of worship to learn about support in your area.

For additional resources, First 5 Yolo offers the Kit for New Parents, which is packed with information and resources to guide new parents through the first 5 years of a child’s life. Free kits in English, Spanish, Mandarin, Cantonese, Korean and Vietnamese are available by calling 530-669-2475.

For more parenting tips and information on First 5 Yolo programs, services and resources, please visit: www.first5yolo.org.

About First 5 Yolo

Research shows a child’s brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child’s growth will have a meaningful impact throughout life. In November 1998, California voters passed a statewide ballot initiative to add a 50-cent-per-pack tax on cigarettes. The funds collected are utilized to fund education, health and childcare programs that promote early childhood development from prenatal through age 5. For more information about First 5 Yolo, please visit www.First5Yolo.org.



Children and Families Commission

Campus Talk

Submitted by Barbara Ashby, MS, WLCP
Manager Work Life
University of California, Davis
(530)752-5415

Website: <http://www.hr.ucdavis.edu/worklife-wellness>
E-mail: worklife@ucdavis.edu

Support Group for New and Expectant Moms

Expectant and new mothers are encouraged to attend the monthly support group sponsored by the Breastfeeding Support Program information at <http://www.hr.ucdavis.edu/worklife-wellness/Life/breastfeeding-support-program-1>



The Breast Feeding Support Program (BFSP) classes and support group are also open to the community. Lonna Hampton, Lactation Consultant, would appreciate RSVPs at worklife@ucdavis.edu

We have added two new classes to the Breastfeeding Support Program. Each will be taught quarterly.

Preparing for Birth and Breastfeeding

February 3 and 12
1:00 p.m. – 3:00 p.m.
130 Hoagland Hall

Preparing for the Return to Work/School w/ New Baby at Home

December 9, 2010
11:30 a.m. – 1:30 p.m.
130 Hoagland Hall

“Breastfeeding Moms on Campus” Support Group

Come meet with other moms, share your stories of breastfeeding and mothering, encourage and learn from each other. Babies, spouses and partners are welcome!

Memorial Union/Moss Room, 12:00 pm – 1:00 pm
January 21
February 18

Career Management Toolkit

Part of what makes UC Davis a great place to work is the opportunity for continuous learning. The UC Davis Career Management Toolkit is designed around the career management cycle which includes learning about yourself (assessments), career exploration (strategies, job search, informational interviewing, mentoring), planning your next steps (goal setting, individual development plans), taking action (accomplishment statements, resumes, references, cover letters, interviews) and evaluating your progress. Please visit <http://www.hr.ucdavis.edu/sdps/career-management-toolkit> to learn more.

Brown Bag Series

The 2010 –2011 WorkLife & Wellness Brown Bag Series launches in October in recognition of Work & Family Month.

WorkLife and Wellness Brown Bag Series Schedule:

Entire Series will be held from 12 -1, Silo Cabernet Room, free, community welcome!

Jan 13 Stress Reduction Using Mindfulness
Jan 27 Superfoods for Optimal Health
Feb 10 Sleep Improvement
Feb 24 Social Networks – Join the Online Community
March 3 De-clutter with Feng Shui

New Faculty WorkLife Orientation

Feb 3, 12 – 2pm, 203 Mrak

Mind/Body Wellness Challenge

Jan 21 – March 11

Registration and details at <http://retireecenter.ucdavis.edu/wellness2011.html>

"Wellness is...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization

The Challenge:

Adopt one new healthy habit and keep it up for nine weeks. Challenge begins Friday, January 21, 2011 and ends Thursday, March 24, 2011.

To Register:

Register online. If you do not have a computer available, call us at (530) 752-5182.

The Reward:

The rewards are many; the potential for a longer, healthier life. In addition, UC Davis faculty, staff, and retirees are eligible to win prizes including passes to the Activities and Recreation Center (ARC) on the Davis campus or the UC Davis Health System Fitness Center on the Sacramento campus, as well as fitness assessments by the UC Davis Sports Performance Program.

The Challenge is co-sponsored by the departments of Campus Recreation and WorkLife.

Parenting & Professional Development

For information on CCFS Professional Development and CCFS Parenting Workshops please see the Community News section of Small Talk.

2011 Yolo County Child Development Conference March 26, 2011



8:30 AM to 4:30 PM

Veterans Memorial Center
203 E. 14th Street (14th & B Street)
Davis, CA 95616

Keynote Presentation by:

José-Luis Orozco

Workshop Topics Include:

Behavioral Challenges, Infant/Toddler/Preschool,
Special Needs, Child Development, Parenting and more!
(Some workshops available in Spanish)

6 Hours of Professional Growth

For more information call (530) 757-5695

www.cityofdavis.org/cs/childcare

Child Care Services · Resource & Referral

Please Print Clearly: (One form per person)

*Registration is Non-Refundable

| | |
|----------|----------------|
| Name: | |
| Address: | |
| City: | Zip: |
| Email: | Phone: () |

- Early Bird Rate - \$40** (postmarked by 3/4/11)
 Late or Onsite Registration - \$50 (postmarked after 3/4/11)
Space is limited-late and onsite Registration is not guaranteed

Make check or money order payable to: CITY OF DAVIS
MAIL TO: Child Care Services · 600 A Street, Suite C · Davis, CA 95616

Your registration includes lunch from *Dos Coyotes*. Please make your selection below:

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Southwest Chicken Burrito | <input type="checkbox"/> Coke |
| <input type="checkbox"/> Southwest Rice & Bean Burrito | <input type="checkbox"/> Diet Coke |
| <input type="checkbox"/> Yucatan Chicken Salad | |
| <input type="checkbox"/> Yucatan Veggie Salad | |

* The City of Davis does not provide single-serving bottles of water, water dispensers will be available throughout the day.

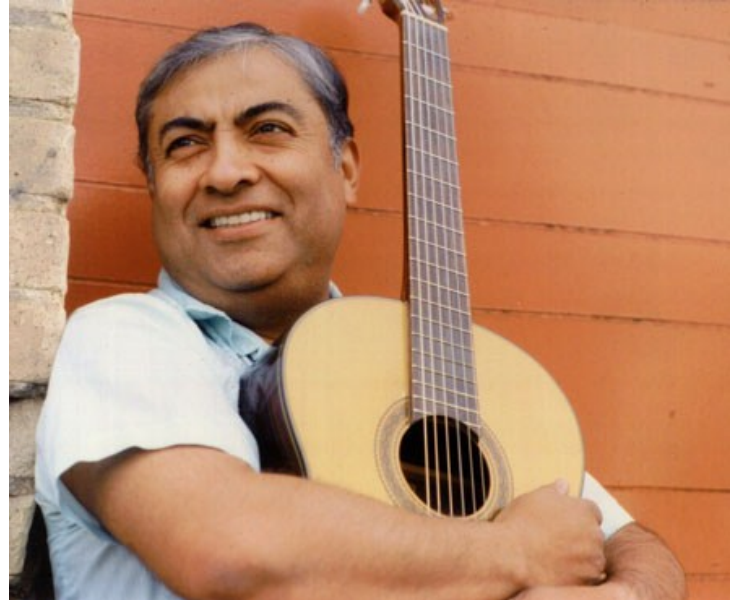
Family Concert featuring José-Luis Orozco

Bilingual Educator, Children's Author, Recording Artist

**March 25, 2011
7:00 PM to 8:00 PM**

Davis High School-Brunelle Performance Hall
315 West 14th Street (14th & B Street)
Davis, CA 95616
(the Performance Hall is at the north end of the parking lot)

For more information call (530) 757-5695
www.cityofdavis.org/cs/childcare



Child Care Services · Resource & Referral

Name: _____
Address: _____
City: _____ Zip: _____
Email: _____ Phone: (____) _____

Ticket Price \$10.00 per person

of Tickets = _____

Total Amount = _____

Make check or money order payable to: CITY OF DAVIS
MAIL TO: Child Care Services · 600 A Street, Suite C · Davis, CA 95616

Proceeds will help fund parenting education in Yolo County - Thank you!

Smalltalk

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Davis, CA 95616

CITY OF DAVIS
CHILD CARE SERVICES
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Small Talk is published quarterly and serves families and child care professionals in Yolo County. The Resource & Referral Program at Child Care Services, is a division of the City of Davis, Community Services Department, and is solely responsible for the content.

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CURRENT RESIDENT OR:

About Child Care Services Resource & Referral:

Child Care Services Resource & Referral provides free services to families and early care & education providers in Yolo County. Some of our services include:

For Families

- ◇ Free Child Care Referrals to licensed programs
- ◇ Trustline, a background check registry for legally license exempt child care providers
- ◇ Parenting Classes
- ◇ Free publication: *Small Talk*
- ◇ Toy & Resource Library
- ◇ Child Development Conference

For Early Care & Education Professionals

- ◇ Free referral listing for licensed facilities
- ◇ Trainings, Support & Resources
- ◇ Quality Enhancement Project
- ◇ PLAY vans
- ◇ Free publication: *Small Talk*
- ◇ Child Development Conference
- ◇ CCIP and CECT Training and Support for both, licensed and licensed exempt providers
- ◇ CDBG –Family Child Care licensing assistance for low-income housing residents.

Subscribe to Receive Small Talk for Free!

***SmallTalk* is a free publication for Yolo County residents. *Small Talk* can be accessed online at: www.cityofdavis.org/cs/childcare . To receive *Small Talk* by mail or e-mail, please call Rossana Vigil at (530) 757-5695 or (800) 723-3001. The publication is free to Yolo County Residents.**

